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TEA

A MAGAZINE

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COURTESY OF www.pearlteas.com

Dedication: As Johann Sebastian Bach dedicated his music (by which I have often sipped tea), I also dedicate this work TGBTG. - Ed.

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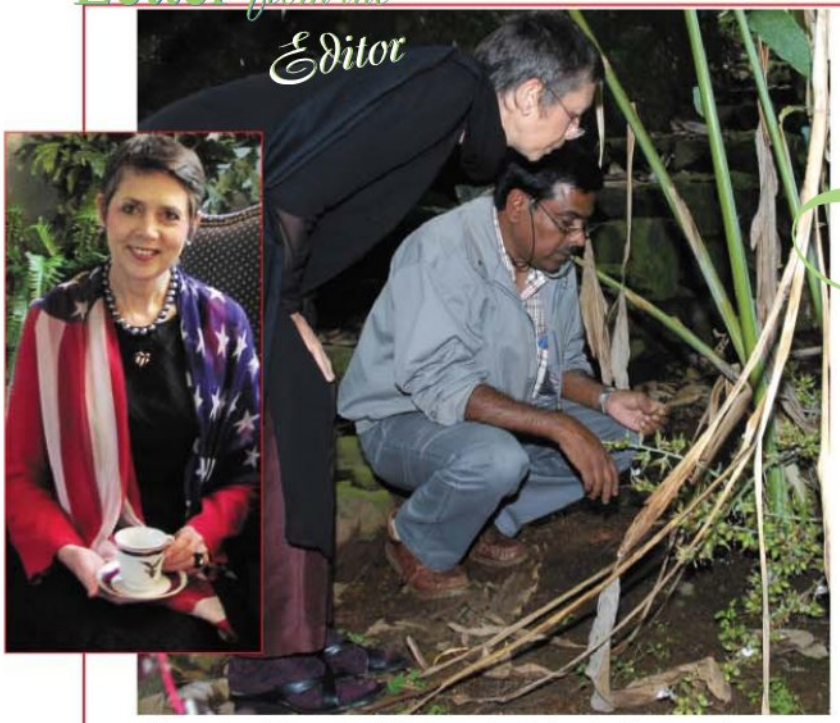
Letter from the Editor



Above: Pearl Dexter and Mr. Surendra Mohan looking at cardamom on the way to the Havukal Tea Estate in Nilgiri, India. Photograph by Trevin R. Selvakumar.

Dear Reader,

This winter I've been fascinated by the PBS special *The Story of India*. I learned in the first episode that Indian pre-dates the Greek and Roman civilization. Long before tea became a commodity for export, spices played an important role in early trading that generated an astronomical income for India. So I had a notion that our readers would be interested in a brief primer (*Rich Spices*) on three choice spices that are often used with tea: cardamom, cinnamon, and cloves. I have seen the different spices growing in India and Sri Lanka. In the grocery stores spices are a phenomenal price, especially cloves and cardamom. *TEA* made arrangements to import fresh cardamom, cinnamon, and cloves.

On New Year's Eve we reminisced about happy times with family and friends that are now gone— "for auld lang syne." I especially miss my mother during the holidays. My favorite cake that she taught me to make from scratch is featured in this issue—**Sunday Spice Cake**. It was nice to grind fresh cinnamon and cloves from Sri Lanka for this recipe.

TEA A MAGAZINE collaborated with serendipiTea www.serendipitea.com to commemorate the inauguration of our 44th president of the United States with a special blend—**Obama 44 – Inaugural Blend**. Reflecting President Obama's heritage, Linda Villano combined a full leaf black Kenyan tea with apple, mango, cinnamon, and a little bit of hibiscus to embellish the blend. By the way, this tea is a great complement with the Sunday Spice Cake.

Jane Pettigrew writes about her fabulous visit to the rolling tea fields in Malaysia and the Cameron Highlands Resort and Spa. This issue spotlights tea rooms in Tennessee and California. Jacqueline Seewald answers many questions about *How Well Does the Green Tea Diet Work*.

Tea sommelier Cynthia Gold shares her exciting new tea cocktail—**Raspberry Flir-Tea-ni** that she created for the Broadway show *Legally Blonde*.

We are happy to showcase some interesting political tea accoutrements since we just had elections this past November and Eve Hill dedicated her column to *Presidents, Prime Ministers, and their Pottery Salutes*.

A friend sent an email directing me to the website of Pearl Fine Teas www.pearlteas.com last October. There I saw the tea illustrations of Obama and McCain by Jack Cheng. I was curious as to how the illustrations came about so I contacted the owner of Pearl Fine Teas after the election and we both concluded it would be apropos to have the then president-elect on the winter cover of *TEA*.

'Til then my very best wishes for a Happy New Year.

A Winter's Wisp

When the snow brings a cold winter feeling
I heat a pot to brew some Darjeeling,
And call a few friends for afternoon tea,
They'll bring soft cheddar, pepper jack, and brie.

We'll reminisce and sip and live it up,
Cinnamon and clove fill our next cup,
When we see noon has almost turned to night,
We laugh, get cocoa and warm the milk just right.

— John Gosslee

Pearls

A slow ascending whistle,
Steam trailing off into the air
The rolling of an old train on mountainside
Signaling its arrival to the lush green valley below
The kettle song lingers then ends.

The flame,
Purple and orange peacock feathers
Disappear from the shiny copper belly.
Silence.

Crystal waterfall, hot, pure
Shrouded in mist
Cascades over sleepy green jewels
That unfurl and awake
Letting go the sweet song
Of leafy fragrance
And release the yellow nectar
So the waiting mouth
May touch the white porcelain walls
And taste the radiant warmth
Released from the tiny green pearls.

— E. Twan S. Crawford

WORLD CUP OF TEA

Written by Pearl Dexter · · · · · · · · · · · · Photographs by Aubrey Howell

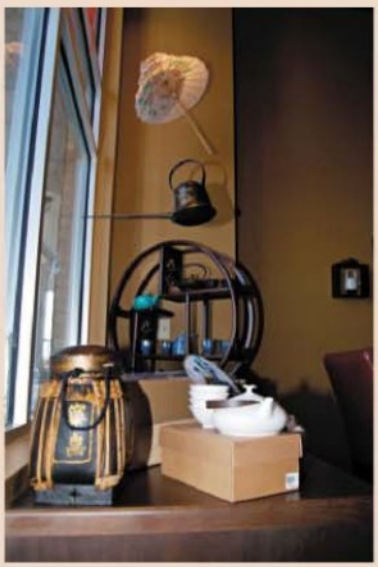
RosemaryStaggs opened World Cup of Tea September 27, 2007 in Franklin, Tennessee, a town named after one of America's early statesmen, Benjamin Franklin. I first met Rosemary in Dallas several years ago at The Cultured Cup. She was on a mission to learn about tea. Since that time she has studied tea with me at The TEA School, completed Elmwood Inn's course on opening a tea room, attended seminars and workshops at the World Tea Expo, and has been certified on two levels from the Tea Association of the U.S.

Rosemary has travelled extensively and visited tea gardens in China, India, Nepal, Sri Lanka, and Tibet. She has contributed articles to *TEA*, including her trip to China. She is an eloquent writer and gifted photographer, as you will see from her wall of photographs at her tea room.

She has developed personal relationships with many of her tea distributors and has educated her staff in the fine art of tea making. World Cup of Tea regularly offers tea tastings to their patrons. A variety of loose teas from China, Japan, India, Sri Lanka, and other parts of the world are on the tea menu, including some rare white teas. Sample teas are disiplayed in easy to view tins. Reservations are required for A Tea Luncheon, A Royal Afternoon Tea, or any holiday tea event. Mother's Day is especially popular. Rosemary gives a presentation on The History of Afternoon Tea and sends a gift home with all attending mothers. Pastries are baked on the premises and served with southern hospitality. The Apple Walnut Salad is one of their most popular savories, using three different varieties of apples with cardamom, cinnamon, and nutmeg spices. (See recipe on page 6).

Rosemary's world travels are evidenced in her impeccable taste and design. The line of goods in her gift shop comes from all over the world. You'll be sure to find something to take home with you. Ms. Staggs has become quite a tea specialist since her first afternoon tea in England twenty-five years ago when she fell in love with everything tea.

I was listening to Malcolm Gladwell on *Charlie Rose* recently. Charlie asked Mr. Gladwell how does one become an expert. His answer was that you need deep knowledge of your industry and 10,000 hours of practice. I always encourage my students to have passion for not only tea, but also the culture that tea comes from. Although Rosemary Staggs and I and many other teachers of tea realize that we will always be students, with intense and deliberate practice I dare say that Rosemary Staggs is closing in on her 10,000 hours.



Franklin has received great recognition as Number One Small Town in Tennessee, One of Five Best Places in America to Antique Shop, Great American Main Street Award, and included in travel writer Patricia Schultz's book *1,000 Places To See in The USA and Canada Before You Die*, and the city has a 15 block historic district. Although devastated by the Civil War, many antebellum mansions survived. Now Franklin has World Cup of Tea to brag about.

The town is also home to many famous people including Kenny Chesney, Sheryl Crow, Alison Kraus, Nicole Kidman, and Brad Paisley.

Above: Rosemary Stagss riding a camel in Jaipur, India. Photograph by Dan Robertson.

WORLD CUP OF TEA

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APPLE WALNUT SALAD

1 cup chopped walnuts
2/3 cup mayonnaise
1/2 cup lemon curd
1/4 teaspoon ground cardamom
1/4 teaspoon nutmeg
1/8 teaspoon cinnamon
1-1/2 teaspoon grated lemon rind
2 gala apples, chopped
2 granny smith apples, chopped
2 red delicious apples, chopped
3/4 cup thinly sliced celery
1 cup Sun-Maid® Fruit Bits

Place walnuts in a single layer in a shallow pan. Bake at 350ºF for 8 to 10 minutes or until lightly toasted, stirring once after 5 minutes. Stir together mayonnaise, lemon curd, cardamom, nutmeg, cinnamon, and grated lemon rind in a large bowl. Add apples, celery, fruit mix, and 3/4 cup walnuts; toss well. Cover and chill 6 hours. Sprinkle with remaining 1/4 cup walnuts when served.

SUNDAY SPICE CAKE

2-1/2 cups sifted unbleached flour
1 teaspoon salt
2-1/2 teaspoons double acting baking powder
1/2 teaspoon baking soda
1-1/4 cups sugar
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon allspice
2/3 cup shortening
1/3 cup molasses
2/3 cup milk
3 large eggs
1/2 cup milk

Blend together the flour, salt, baking powder, baking soda, sugar, and spices. With two knives or a pastry blender cut in the shortening. Add molasses and 2/3 cup milk. Beat vigorously by hand or mixer for 2 minutes. Add the eggs and 1/2 cup milk. Mix thoroughly by hand or mixer for 2 minutes.

Grease two 9" round or square pans. Bake at 375° F for about 35 minutes. Slide knife around edges before turning out of pans when removed from the oven. Let cakes cool completely.

Optional: Sprinkle with confectioner's sugar and cinnamon or spread an icing if so desired.

Chicken and Mushroom Paprikash

This rich and satisfying classic Hungarian entrée is given further depth of flavor and another layer of complexity by marinating the chicken in a full bodied, earthy black tea. I particularly enjoy the added smokiness imparted by using Lapsang Souchong.

You'll have equally wonderful (but different) results with an earthy Yunnan or Pu-Erh, nice malty Assam, or your favorite full-bodied black tea.

Created by CYNTHIA GOLD
Photograph by JULIAN LANDA

1/4 cup Lapsang Souchong tea leaves
4 lbs. bone-in chicken thighs, skin left on
2 tablespoons vegetable oil
1 medium sized onion, thinly sliced, 1/8 inch
1 medium sized red pepper, 1/4 inch slices
1 medium sized green pepper, 1/4 inch slices
4 ounces mushrooms, 1/4 inch slices
3 tablespoons sweet Hungarian paprika
2 teaspoons sharp or hot Hungarian paprika
1 tablespoon flour
1 can diced or crushed tomatoes (14.5 ounces)
1/4 teaspoon dried marjoram
1/4 teaspoon dried thyme
1/2 cup sour cream
Fresh marjoram or parsley to garnish

The day before, steep the 1/4 cup of tea leaves in 1-1/2 cups of boiling water for 5 minutes. Strain well and let cool. When fully cooled, pour over chicken and let marinate overnight or longer in your refrigerator, turning once. When ready to proceed, remove the chicken from the tea, pat dry, and reserve the liquid to use later.

Season chicken with salt and pepper. In large pot or Dutch Oven, brown, half at a time, over medium heat in 1 tablespoon of vegetable oil. This should take between 5 and 7 minutes per side. Set first half aside, add remaining oil to pan and brown remaining chicken. Remove from pan and remove excess fat, leaving 1 tablespoon.

Add onions and cook over medium heat 5 to 8 minutes until softened. Add peppers and mushrooms and cook until onions are browned, another several minutes. Add 2 tablespoons sweet paprika and 2 teaspoons hot paprika and 1 tablespoon flour. Stir well and cook until you can smell the paprika. Add tomatoes, reserved tea from the marinated chicken, marjoram, and thyme. Stir well, stirring up any browned bits that stuck to the bottom of the pan.

Return the browned chicken to the pot and cover with tomato and vegetable mixture. Reduce heat to medium/low, cover and cook until tender for around 1 hour.

When tender and fully cooked, remove chicken to a warmed platter. Remove from heat and skim excess fat off the surface of the sauce in the pan and stir in the remaining tablespoon of sweet paprika. Temper the sour cream into the sauce by stirring small amounts of the sauce into the sour cream until it is quite warm, then stirring it back into the sauce. Season to taste with additional salt and pepper. Serve sauce over chicken, garnished with fresh herbs. This dish is very nice served over fresh egg noodles. For an even more special treat, it can be served over freshly made green tea gnocchi. The green tea gnocchi recipe will be found in the next issue of *TEA*.

Note: Since this dish depends on the quality of your tea and your paprika, make sure both are nice and fresh. I'm partial to the paprika available via Penzeys Spices which can be purchased easily online, but any good quality paprika will work well. Feel free to vary the ratio of sweet and hot paprika used to suit your personal style. The earthier the tea you choose the more hot paprika the dish can support and balance nicely. If you choose to go into a sweeter maltier direction with your tea, use less hot paprika.

RECIPES
Created by CYNTHIA GOLD
Photograph by JULIAN LANDA

Raspberry Flir-Tea-ni

When I was asked to create a cocktail for the Broadway show *Legally Blonde*, I knew it had to be pink, fun, and frivolous! And of course it needed to be made with plenty of tea…

1 oz. infused Vodka
1 oz. Chambord Liqueur
1-1/2 oz. half-n-half
1/2 oz. Crème de Cacao
Splash of Grenadine

Shake with ice. Serve, strained into a chilled martini glass. Garnish with a fresh raspberry.

Infused Vodka

1 liter vanilla vodka
1/2 cup white tea leaves (buds)
1/4 cup dried cherry blossoms
1/4 cup dried peach pieces
1/4 cup green tea leaves

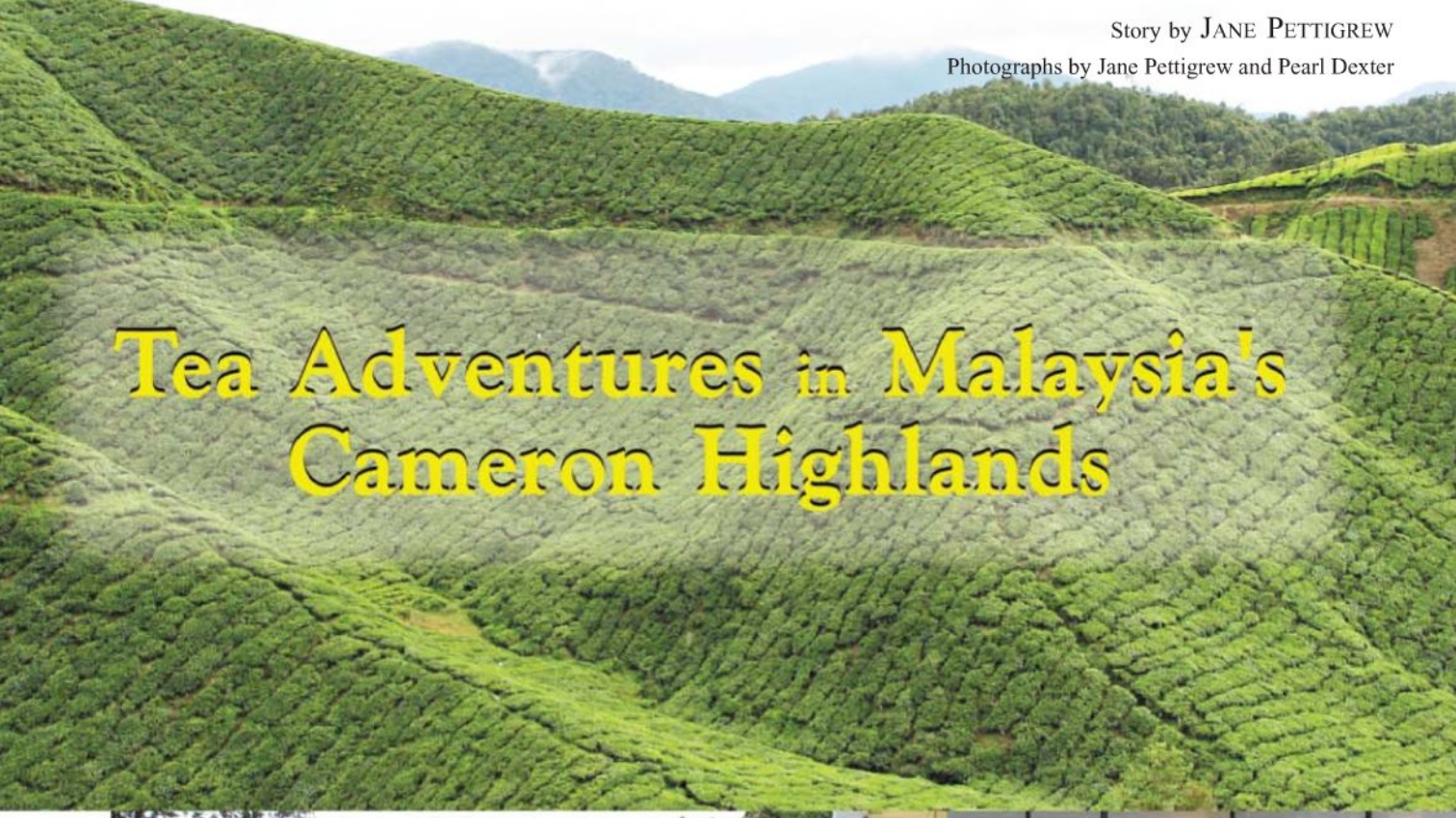
Place all ingredients except green tea in a non-reactive container. Let steep for 1 hour. Add green tea and continue to steep. Taste periodically until proper strength is achieved (probably around 45 minutes after the green tea was added). Strain multiple times through cheesecloth or coffee filters until completely clear. Store at room temperature or chill. For the maximum shelf life, it is crucial to strain all traces of the tea leaves, flower petals, and dried fruit from the vodka.

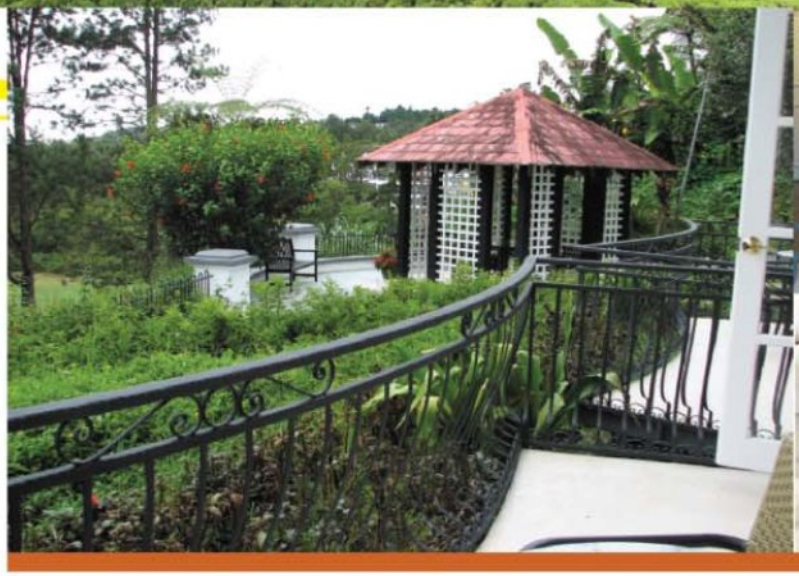
Note: Dried cherry blossoms may be hard to find. If you have access to fresh blossoms, all the better, but double the volume to 1/2 cup or more. If you can't find either, use dried cherries instead.

pink!
frivolous!
fun!

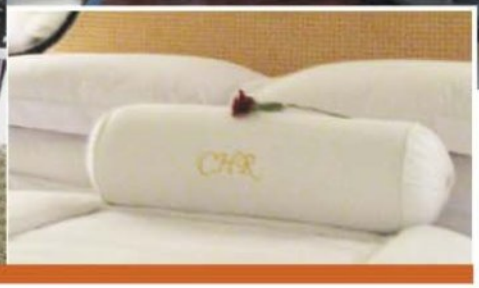
Story by JANE PETTIGREW
Photographs by Jane Pettigrew and Pearl Dexter

Tea Adventures in Malaysia's Cameron Highlands





by Jane Pettigrew



Until I slipped out of the vast, luxurious four poster bed, padded over to the window and drew up the blinds on my first morning at the elegant Cameron Highlands Resort, I had no idea that Malaysia's Highlands were so stunningly beautiful! I had arrived at Kuala Lumpur airport after sunset the evening before. The three-hour drive up into the mountains was through a night-black landscape that revealed only shadowy outlines of spectral palms and pine trees. Despite the late hour, the kind, smiling staff welcomed me as if a midnight arrival was nothing out of the ordinary. They served me hot, sweet chrysanthemum tea, fed me, and showed me to my sumptuous room where calm earthy textures and warm, comforting colors were punctuated with splashes of crimson and gold silks. A red rose nestled against the crisp, turned-back sheets. The room murmured its own tranquil welcome.

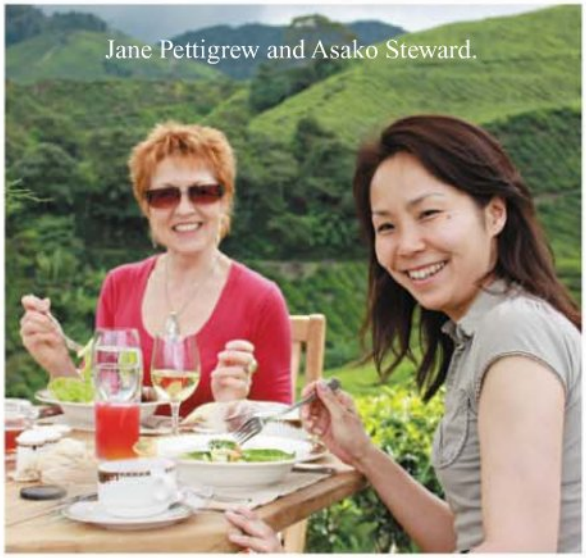
I slept soundly until morning birds and bright sunshine drew me to the window. Looking out, I realized just why so many people choose this as a favorite holiday spot. Beyond my little balcony, the smooth fairways of a Scottish-style golf course merge in the distance with swooping hills, so green, so vibrant, and so lush. Wisps of misty clouds brushed the tips of tall jungle trees. Later we discovered hidden fields of ripening strawberries. Bees gather nectar from roses, orchids, and lilies that are woven among acres and acres of contoured terraces where tea bushes push out their new shoots year round, producing enough leaf to make about five million kilos of black tea annually. However, the total output from the country's four plantations is not enough to satisfy the national thirst and 20-30 percent of all the tea consumed around the country is imported.

It was late morning when we drove the narrow winding road that brings one to Boh Plantations' Sungei Palas tea garden. There is no hand plucking here, as that would demand more pickers than are available. Teams of workers take turns clipping the new flush off the bushes with hand-shears or they work in pairs to operate hand-held mechanical cutters that look a little like mini hedge trimmers.

Above: Jane Pettigrew having tea at the Cameron Highlands Resort.

After following the tea through the manufacturing stages, we were then invited to the tasting room to sample the different grades of tea. After the tea tasting there was another favorite Malaysian tea beverage we were eager to try. Malaysians have a very sweet tooth and *Teh Tarik* ('pulled tea') is the national equivalent to British style, milky, sugary, strong 'builders' tea.' To make it, a measure of strong black tea is mixed with both condensed milk and evaporated milk and is then blended into a smooth and delicious tea, nourishing, sustaining, and very sweet.

We drank our 'pulled tea' on the balcony of the visitors' center and gazed out over the tea fields that sweep in every direction across the undulating hillsides. To our left lay the little village where the workers live. The peace of this green land held us there for a while–calming the spirit. Further treats lay in store.



Jane Pettigrew and Asako Steward.

After we finished our tea, we were then driven to a promontory in the middle of the plantation where the most stylish picnic I think I've ever eaten was laid ready for us. The hotel had delivered chilled white wine, chicken, various salads, fruit, cheese, jugs of fruit juice, and pots of tea. A waiter in full uniform including spotless white gloves, poured our tea and wine, and served the food with elegance and charm. When the heavens opened just as we were finishing our delicious lunch, he then produced large umbrellas to shield us from the thunderous rain as we scurried for cover.

We made our way back to the hotel through the storm and later that afternoon were served a lavish Afternoon Tea in the lounge. Sandwiches, wonderful scones with clotted cream and , of course, jam made from local strawberries, and all sorts of little pastries. I still can't quite believe that we managed to consume all that after such a generous lunch. It really was a day of gastronomic indulgence—*Teh Tarik*, a tea picnic, and afternoon tea. And then, as if we hadn't been spoiled enough for one day, about an hour later a selection of tea cocktails was mixed for us in the bar and served with yet more nibbles. We spent an hour or so discussing recipes with the staff and trying to decide which of the ingenious mixes we liked best. We then strolled to the restaurant for a wonderful dinner.

The stylishly refurbished 1930s Cameron Highlands Resort was built just as the tea plantations were being established. Today it takes its link to the important crop very seriously, offering guests a creative range of activities and treats that involve both the tea gardens and the tea. My visit had been arranged so that I could sample some of the 'Trails, Tales and Traditions' that has recently been developed. The spa offers treatments infused with ancient healing lore and local ingredients, including tea.

The Jim Thompson Mystery Trail leads guests along the same path that the celebrated silk entrepreneur loved and regularly walked before he so strangely disappeared Easter Sunday, March 26, 1967. The Sam Poh Temple Trail takes enthusiastic walkers through quite rough terrain, and down steep descents, to the oldest Chinese temple in the Highlands; among the mossy vegetation and tangle of tall trees, rare and exotic orchids and wild begonias bloom.

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Presidents, Prime Ministers and their Pottery Salutes

Written and photographed by Eve Hill

With the inauguration of a new President of the United States on January 20th (with its pomp and pageantry) it seemed fitting to examine some of the ceramics that have been designed and manufactured to commemorate heads of state.

Over the time since tea came to Europe and England there have been plates, cups, and teapots noting various monarchs and sometimes their families. Those objects are classed as royalty commemoratives. Because George Washington turned down a regency position, declining to become King George of the United States of America, which included the opportunity to pass a title along to the family descendants, we have an elected president in this country with no hereditary positions.

Americans have no teapots memorializing royals, but oh, we do have political memorabilia. Most of this is of interest only to a few specialized collectors, but the teapots are special for most tea drinkers.

In the earlier part of the twentieth century, a few plates and a teacup or two were decorated with political symbols and used for getting out the message for a particular candidate. Production was mostly limited and these are not always easily found. American potters also made some pieces denoting visits by foreign heads of state and royals.

Winston Churchill was immortalized on teapots and other ceramics many times in America and England, most notably after World War II when the potters in England were allowed to go into full production. Staffordshire Fine Ceramics made a figural teapot in his image that collectors have snatched up. Occasionally one comes on the market. The colors are vivid and the spout is part of his "V for Victory" finger signal.

American heads of state were mostly memorialized with drawings on ceramics until the latter decades of the twentieth century. Then Hall China, known more now for their restaurant ware than innovation, finally got creative again, but they used English inspiration. The BBC had a popular show with caricature puppets and the producers contacted Richard Parrington, a teapot artist, who designed several teapots using the caricatures from the show. Among the most successful were a Margaret Thatcher teapot and a Ronald Reagan compatriot. Carlton, a pottery that specialized in novelty teapots, manufactured them in England, and most, not all, of those teapots will be marked "Luck and Flaw" on the bottom.

Some are unmarked.

Hall China made several runs of the Reagan teapot, which are all marked "Hall China." These are exactly the same as the English one except for the place of manufacture and the markings. The Richard Parrington design was brought to Hall about 1979 and they obtained the U.S. rights to the design and the mold. Hall China sold far more Reagan teapots than were ever sold by Carlton. These have maintained a price that was at least double the issue price, unusual for an item that was made as a definite collectible. They pour rather abominably, as does Maggie Thatcher, and they drip a bit afterward. The glaze on both is a plain pearl white, which shows off all the warts and wrinkles molded into the designs of these delightfully daffy teapots.

One source suggests that in making the Reagan teapot, Hall China was just following their own marketing tradition, as they were said to have made a ceramic Herbert Hoover lemonade pitcher in 1928. Checking with Hall's historian, Everson Hall, we were unable to verify this in company records, but it would be an interesting find.

Other presidential ceramics have been made since one of the first, a James Madison mug made circa 1800. In more recent time, the1990s, the Fitz and Floyd company made an entire series of figural teapots which included Lincoln, Washington, along with Churchill, and Napoleon Bonaparte. Department 56, another giftware company, made an amusing figural teapot of George Washington. They created a Betsy Ross teapot to go with it, but the piece looks more like portraits of Mrs. Washington than the portrait of Betsy Ross.

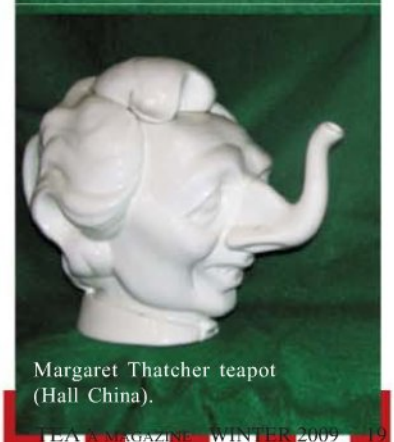
For the collector or the curious, finding any of these pieces may take some time, but most are obtainable. The online auctions are one source and estate sales, antiques shops, and "trash and treasure" shops are likely sources. Meanwhile those of us whose fancy prompted them to buy any of these when they were new can sit back and smile as we enjoy our entertaining treasures.

With the inauguration of a new leader, there may be new teapots and some exciting acquisitions to make in the future. Who knows what will be made to pour tea in honor of the forty-fourth president?

George Washington teapot (Department 56).

Betsy Ross teapot (Department 56).

Ronald Reagan teapot (Hall China).


Margaret Thatcher teapot (Hall China).

How Well Does the Green Tea Diet Work?

by Jacqueline Seewald

When I first read about the green tea diet on the internet, I was intrigued. I observed, however, that the articles I read made many claims without offering any actual facts. Being a reference librarian by profession, I decided to put my skills to use and research the topic a bit to see whether these claims could be substantiated and perhaps answer these questions: *How much green tea would one have to drink to lose weight? Is it necessary to take pills*?

The most recent study I came across was performed by Dr. Nikolaos Alexopoulos and colleagues at the First Cardiology Department, Athens Medical School in Greece. The study shows that drinking green tea benefits the heart. (Alexopoulos et al. The acute effect of green tea consumption on endothelial function in healthy individuals**.** *European Journal of Cardiovascular Prevention & Rehabilitation*, 2008).

This was a randomized trial involving the diameter measurement (dilatation) of the brachial artery of healthy volunteers on three separate occasions - after taking green tea, caffeine, and hot water (for a placebo effect). The measurements were taken at 30, 90, and 120 minutes after consumption. Dilatation of the brachial artery as a result of increased blood flow is known to be an independent predictor of cardiovascular risk. Results showed that endothelium-dependent brachial artery dilatation increased significantly after drinking green tea, with a peak increase of 3.9 per cent 30 minutes after consumption. The effect of caffeine consumption (or hot water) was not significant.

While black tea has been associated with improved short and long-term endothelial performance, this is the first time that green tea has been shown to have a short-term beneficial effect on the large arteries. Another study has already shown that green tea reverses endothelial dysfunction in smokers. The cardiovascular benefits of all teas—as well as dark chocolate and red wine—are attributed to the flavonoids they contain and their antioxidant activity.

There is, in fact, a lower incidence of cardiovascular disease and cancer in Asia where people smoke heavily, which may be accounted for by high consumption of tea, particularly green tea, according to a review article published by a Yale School of Medicine researcher (*Journal of the American College of Surgeons)* in May 2006.

An ancient Chinese proverb says, "Better to be deprived of food for three days, than tea for one." A cup of green tea contains up to 200 mg of catechins, whose biological activity has been mainly attributed to its antioxidant activity. Efficiency of green tea extract in oral hygiene has been known for centuries and this gave researchers from the National Institute Of Chemistry, Slovenia in January 2007 a clue that antibacterial activity might be involved. .

I also found other newer studies that claim benefits of green tea in fighting breast cancer tumors and sepsis, protecting against Parkinson's Disease, as well as a reduced risk of stomach, colon, and other gastrointestinal cancers. Needless to say, I was very impressed with the health benefits of drinking green tea. However, I still hadn't found any significant information regarding the benefits of green tea in weight reduction, only many claims of said benefits.

I finally ran across one internet site that referred me to something more substantive, a reference to Swen Wolfram's review paper *Anti-obesity Effects of Green Tea*. In his peer review of 74 studies, Wolfram allegedly concluded that green tea weight loss has been demonstrated in laboratory studies involving cells culture and animals and that nine human studies have been conducted, with "most of these studies reporting decreased body weight and fat mass" (www.amazing-green-tea.com/green-tea-weight-loss.html). I did check on Dr. Wolfram and found that he wrote an article on the health benefits of green tea entitled: *Effects of Green Tea and EGCG on Cardiovascular and Metabolic Health*. Wolfram explored the benefits of drinking green tea to prevent diabetes. He also wrote: *TEAVIGO™ (Epigallocatechin Gallate) Supplementation Prevents Obesity in Rodents by Reducing Adipose Tissue Mass*, Swen Wolfram, Daniel Raederstorff, Ying Wang, Sandra R. Teixeira, Volker Elste, Peter Weber. DSM Nutritional Products Ltd, Department of Human Nutrition and Health, Basel, Switzerland (*Annals of Nutrition & Metabolism* 2005).

Probably more studies and research need to be done on this subject. But from all appearances, drinking green tea has many health benefits and that includes helping in weight reduction. However, anyone who claims that drinking green tea alone will cause weight loss is obviously oversimplifying. It is still necessary to eat a healthy, balanced diet, and exercise.

A Smart Choice in KETTLES

by Amy Lynn Reifsnyder

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CHEF'S CHOICE® INTERNATIONAL announces their most advanced electric kettle, the new SmartKettle™ Cordless Electric Kettle Model 688. The SmartKettle™ heats water to the temperature selected, using half the energy required by a stovetop kettle.

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Adapted from recipes created by James Labe
for ZEN Green Tea Liqueur
www.zenliqueur.com

Sophisticated Tea Cocktails

ZEN, White & Blue

Liberated by white tea and emboldened by berries, ZEN shows off its proud green essence. An ideal light drink.

6 tablespoons Zen Green Tea Liqueur
1-3/4 cups prepared Silver Needle White Tea
6 tablespoons Skyy Infusions Raspberry
1/4 cup fresh blueberries

To prepare the tea:

Combine 1/4 cup cold water and 1-1/2 cups boiling water (to approximate 180°F).
Use 1/2 cup dry tea leaves to 1-3/4 cups hot water.
Steep 3 minutes.
Strain and chill.

To assemble the cocktail:

Combine and stir ingredients.
Serve on the rocks.
Garnish with fresh mint.

Makes 3-4 servings.

*—**Silver Needle** is the classic Chinese white tea, consisting only of the youngest single leaf bud plucked from each branch. Flavor notes of straw and melon are common, light in color but very full-bodied, a perfect complement to fresh fruit.*

"From the dawn of civilization to this day, tea and spirits have travelled along parallel roads toward our enjoyment of leisure and life's luxuries. Fulfilling our desire to share joy with friends, offering a drink to a guest arrived at our door springs from our highest aspiration for a harmonious world. In America, spirits have long been at home in fine dining, but only recently has the door swung open for tea, as two new friends, green tea and spirits, greet each other in ZEN Green Tea Liqueur."

—James Labe

ZEN CHAI TODDY

Invigorating hot spiced tea with a rich zen green soul.

3/4 cup Zen Green Tea Liqueur
2 cups prepared Golden-Tipped Assam Black Tea
1/4 cup heavy cream
Chai Spices (per serving, approximately:
3 crushed cardamom pods or 1/4 tsp. cardamom powder, 1 slice fresh ginger, 1 cinnamon stick, and 2 cloves).

To prepare the tea:

Combine 1/3 cup cold water and 1-2/3 cups boiling water (to approximate 180ºF).
Use 1/4 cup dry tea leaves to 2 cups hot water.
Steep 2 minutes combined with Chai spices.
Strain, reserving cinnamon stick(s), and chill.

To assemble the cocktail:

Combine hot Assam tea, cream, and Zen Green Tea Liqueur.
Pour into mug.
Garnish with cinnamon stick. Makes 3-4 servings.

*—**Assam**, the malty, deep and strong black tea varietal named for its Indian home state, where it was discovered growing wild in the 1800s. The comfort food of the tea world.*

ZEN-CHA

Mellow medley of lightly bittersweet and pleasantly toasty flavors, sparked to life with just a touch of citrus.

6 tablespoons Zen Green Tea Liqueur
2 cups prepared Genmaicha Green Tea
6 tablespoons SKYY Vodka

To prepare the tea:

Combine 1/3 cup cold water and 1-2/3 cups boiling water to approximate 180ºF.
Use 1/4 cup dry tea leaves to 2 cups hot water.
Steep 2 minutes.
Strain and chill.

To assemble the cocktail:

Pour ingredients into a shaker with ice.
Shake and strain into glass over lemon slice.
Makes 3-4 servings

*—**Genmaicha** is a blended tea, perfectly balancing two quintessential Japanese flavors: bright refreshing Sencha green tea and hearty, roasted rice.*

POLITICAL TEA

ABOVE AND RIGHT: Back and front of the White House teapot. Markings on the bottom: Famous Washington Landmarks ("The White House") Fitz and Floyd Collector's Series – Limited Edition (Number 1,042 of 5,000) ©FF 1993 Taiwan. 5-1/4" tall without the lid. 6" tall with lid.

Collection of the editor.

Accoutrements

President Andrew Jackson's cup and saucer (reproduced pattern from china that Jackson commisioned from France) by Woodmere China from their "White House China Collection." www.woodmerechina.com
Collection of the editor.

Political Tea Accoutrements

Above: Ronald Reagan teapot that was purchased in London during the early 80s. The bottom reads "Luck and Flaw." Manufactured in England by Carlton Potter. 10" tall without the lid.
Collection of the editor.

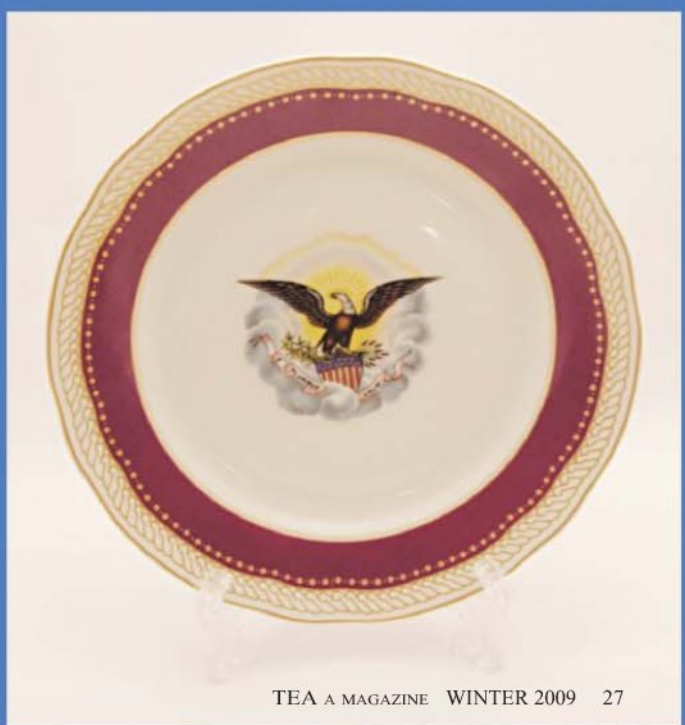
Below: Back and front of U.S. Capitol teapot. Markings on the bottom: Famous Washington Landmarks ("The U.S. Capitol Building") Fitz and Floyd Collector's Series – Limited Edition (Number 1,848 of 3,000) ©FF 1994 Taiwan. 5-1/4" tall without the lid. 8-1/2" tall with lid.
Collection of the Tea Association of the U.S.A.

RIGHT: Vintage Presidential Plate featuring our first president George Washington all the way through our thirty-second president Franklin D. Roosevelt. This was commissioned by Everlast Metal Products Co. and produced by the Vernon Kilns in Vernon, California in 1942. It is 12-1/4" round, maroon transfer depicting eagles and stars bordering all the presidents with their date of presidency.

Collection of the editor.

Below: Lincoln Plate (7-1/2" round). Bottom reads: Danbury Mint. This plate is an authentic re-creation of the 'Royal Purple' china pattern used during the presidency of ABRAHAM LINCOLN 1861-1865. Limited Edition, serial no. 1898, Bavarian china, West Germany.

Collection of Kirsten Kristensen.



President Barack Obama Tea Illustration

President Barack Obama drank iced tea while on the campaign trail, but we feel certain that he will be sipping many cups of hot tea as he and First Lady Michelle Obama entertain dignitaries at the White House. We learned about this illustration of the then president-elect in November, and are pleased to have our 44th President of the United States grace the cover of *TEA*.

Elise Scott, owner of Pearl Fine Teas www.pearlteas.com explains how this illustration was conceived: "An overwhelming response to an October TeaLove blog article "Obama vs. McCain Tea Tweets on Twitter" inspired us to release a **Limited Edition of Obama Presidential Blend**. We asked the question, 'If Obama and McCain were a tea, what would they be? About an hour after the TeaLove blog posted the following day, our views skyrocketed. We also have Twitter to thank for helping Jack Cheng (www.jackcheng.com), the illustrator of the Presidential Blend, find us. Jack sent a message asking if we had decided on the packaging for the teas and said that he had an idea. After I saw the illustration it was obvious that it was the perfect solution. The illustration is beautiful and really captures the spirit of both the President and the tea blend.

President and Mrs. Hoover's Teapots

In 2002 I visited the Herbert Hoover National Historic Site in West Branch, Iowa to give a talk and slide presentation on *TEA with Presidential Families*.

The visitor center had a wonderful exhibition on "Taking Tea at the White House." That afternoon I was privileged to photograph some of President and Mrs. Hoover's personal collection of pewter and Britannia teapots.

www.nps.gov/heho

ca.1820 Europe, 4"h x 9"w x 5.25"d

LEFT: Britannia teapot, squat, bulbous form with incised banding around center of body and wide gadrooned border on upper portion of same; stylized swan neck spout, wooden scroll handle, and shaped hinged lid with wooden finial.

ca.1850 England, 3.75"h x 8.25"w x 5"d

LEFT: Britannia teapot, simple, bun shaped body with swan neck spout, flat hinged lid with disk finial, and applied scroll handle with ivory insulators.

ca.1850 Sheffield, England, 8"h x 9"w x 7"d

LEFT: Britannia teapot, body of bulbous, ribbed form with elongated neck leading to domed, hinged lid of conforming design, topped by lily finial, "Persian" pattern; swan neck spout and harp shaped handle with ceramic insulators; raised on four feet of branch and leaf design.

Rich Spices

by Pearl Dexter

In my travels to India and Sri Lanka I've seen cardamom growing near the tea fields and learned that cultivating spices partners well with growing tea. Driving through the small towns and villages, the colorful stalls with mounds of spices, fruits, and vegetables contrast beautifully with the rainbow of silk saris. The *Joy of Cooking* says "Spices, indeed, bring all the world together. Like wines and cheeses, their individuality is intense and their identification with places a vivid one. We associate the best real cinnamon with Ceylon."

CARDAMOM

Mmmm, the aromatic cardamom (*Elettaria cardamomum*) used as a perfume by the Greeks and Romans, but native only to India. This queen of spices is cultivated in other tropical regions of the world now, but the cardamom from the beautiful island of Sri Lanka is especially prized. It grows on trees up to fifteen feet tall. The fresh cardamom pods from Sri Lanka are bright green unlike what we may find on most American supermarket shelves. There are several small black seeds inside the pods, but since the seeds loose their flavor quickly once they are exposed, it is best not to split the pods until ready for use in a recipe. Cardamom's rich aroma makes a great addition and delicious flavor to cakes, rice, vegetables, and meat dishes. From ancient times to the present it is favored in Arabic countries to spice their coffee. In Ayurvedic cooking cardamom stimulates appetite and believed to strengthen the heart. Chewing on a piece of cardamom pod is known to promote digestion after a meal and also sweetens the breath. It is used along with other spices in Masala Chai Tea. Second too saffron this spice is the most expensive spice by weight.

Cinnamon (*Cinnamomum zeylanicum*), another wonderful spice, native to Sri Lanka (formerly Ceylon), is more well known in the Western world, although it is thought to date back to Biblical times. Cinnamon is the bark of an evergreen tree that towers over 30 feet. It is a flavor that is used in so many American desserts and savory dishes. Apple pie comes to mind first followed by oatmeal. Doctors in Europe believed that it was a purifier. In the winter I often steep three or four cinnamon sticks in a cup of freshly boiled water for a refreshing drink. Asian doctors have used cinnamon as an antiseptic in salves and believe that it kills germs when added to drinking water.

CINNAMON

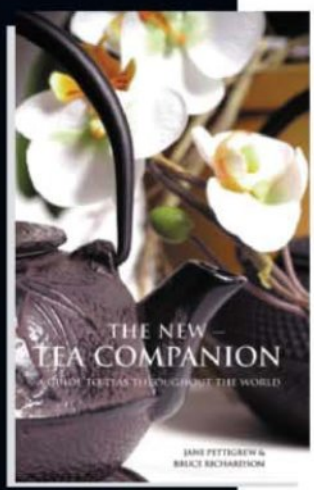
Some writers claim that Cloves (*Syzygium aromaticum*) had its origin in China thousands of years ago and also is indigenous to Indonesia. Brazil, Madagascar, Mauritius, the West Indies, Zanzibar, Sri Lanka, and India are some of the countries that presently cultivate cloves. Traders sold vast amounts from India to the Romans. A clove is derived from the unopened flower bud of an evergreen tree. Its name comes from Latin *clavus*, meaning 'nail.' Cloves rich fragrance always reminds me of Christmastime, oranges, and spice cake. When used in an infusion it is effective in soothing and calming the spirit. Cloves have been used as a pain reliever in Eastern medicine.

CLOVES

BOOK REVIEWS

The New Tea Companion
A Guide to Teas Throughout the World

by Jane Pettigrew & Bruce Richardson
National Trust Books, 2008
ISBN 978-0-9793431-7-9
Hard cover $22.95



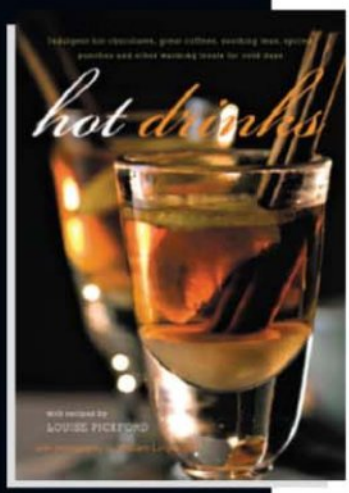
The 2008 expanded edition of this classic work is a guide to all the major tea-producing countries of the world and the teas they produce. The 2008 edition includes several new tea producing countries, including Korea and Vietnam.

Jane Pettigrew and Bruce Richardson describe how tea is produced, processed, traded, and blended. They give expert guidance on how precisely to brew the different types of tea.

The Tea Directory itself features around 140 teas. It is organized alphabetically by country, and then subdivided into region and tea type. Each tea is illustrated with close-up photographs of the dry leaf, wet leaf, and infusion, with an accompanying description of characteristics and brewing tips to enjoy the variety at its best. *The New Tea Companion* is the essential guide to how life-enhancing tea is enjoyed across the world today.

Hot Drinks

by Louise Pickford
Ryland Peters & Small, 2008
ISBN: 978-1-84597-804-4
Hard cover $16.95



What could be more welcome and comforting than a hot drink on a cold day? Whether you prefer an indulgent mug of hot chocolate, a soothing cup of tea, or a warming hot toddy, you'll find a tempting array of tasty and wonderful hot treats for every occasion in this collection of delicious recipes. Included are easy-to-follow ideas for coffees, teas, infusions, hot chocolates, milky drinks, punches, and cocktails—all guaranteed to stave off the winter blues.

For the tea-lover, try a Cardamom Green Tea, a delicately spiced Indian Chai Masala, or a refreshing Ginger and Lemon Tisane. Coffees with a difference include Mocha Maple Coffee and Caribbean Café with Rum and Malibu.

Hot Chocolate gets a new twist. Try a rich Mexican Chocolate with Whipped Cream, Peppermint White Chocolate Dream, or Hot Chocolate Cups with Almond Cream. Punches and Cocktails include an authentic Swedish Glogg, Hot Rum and Cider Punch, and an unusual Mulled Bloody Mary—all perfect for serving at festive gatherings, small or large. Indulgent ideas for Milky Drinks include cinnamon-laced Honey Baba, rose-scented Turkish Delight Frothy, and Peanut Butter Crunch, guaranteed to be a hit with kids and adults alike!

You'll find inspiration for your morning coffee break, a festive party punch, or something to help you wind down at the end of a busy day, in *Hot Drinks*.

BOOK REVIEWS

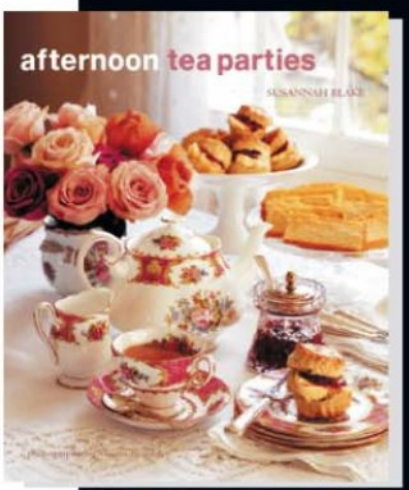
Taking Tea with Alice
Looking-Glass Tea Parties and Fanciful Victorian Teas

by Dawn Hylton and Diane Sedo
Benjamin Press, 2008
ISBN: 978-0-9793431-4-8
Hard cover $19.95

"Let's pretend" were the real-life Alice's favorite words. In this enchanting book by Dawn Hylton and Diane Sedo, the delightful stories Lewis Carroll wrote for Alice Linddell come to life in six very special teas for children. Using the Alice in Wonderland themes, Hylton and Sedo have kept all the magic of the original stories, and included menus and activities with authentic Victorian details. It is a joyful romp through remembered childhood fun for adults and perfect ways to host teas for the children you love. *Taking Tea with Alice* is a classic as surely as the original.

Afternoon Tea Parties

by Susannah Blake
Ryland Peters & Small, 2008
ISBN: 978-1-84597-724-5
Hard cover $27.95



An irresistible collection of themed menus for a variety of afternoon tea parties. Whether it's a summer tea party in the garden or a cozy gathering in front of a roaring fire, afternoon tea is a treat any time of the year and the perfect way to celebrate a special occasion.

For a relaxed afternoon with friends, choose from an elegant Classic English Tea with finger sandwiches and Lemon Drizzle Cake; a Fireside Tea with Toasted Teacakes and Sticky Marzipan and Cherry Loaf; or an indulgent Champagne Tea with Smoked Salmon Crostini and Strawberries and Cream. There are ideas for special occasions too. Try a pretty Mother's Day Tea with Victorian Sandwich Cake, or a romantic Valentine's Tea, including Mini Dark Chocolate Eclairs. Girlie get-togethers include a Bridal Shower, a Sweet Sixteen Party, and a Baby Shower.

The men are invited too! Why not prepare a Gentleman's Tea, perfect for Father's Day, or host a Russian Tea, with Blinis with Sour Cream and Caviar, or an exotic Moroccan Tea with glasses of sweet Mint Tea and Almond and Orange Blossom Pastries. Fun ideas for adults and children alike include the circus-inspired Big Top Tea Party with Strongmen Sandwiches and Clown Cookies and a Teddy Bear's Picnic with Gingerbread Bears.

The perfect book for tea party enthusiasts everywhere—brimming with ideas and delicious recipes to delight anyone looking for a fresh approach to this beloved tradition.

Julian Tea & Cottage Arts

A Cup of Golden Tea

Story and photographs by Kirsten Kristensen

Even before entering the Julian Tea & Cottage Arts in the little mountain town of Julian in southern California, you have a feeling of being back in the time of the 'gold rush.' Outside the cottage is a sign by the Julian Historical Society describing the history of the centennial Bailey-King House on Third Street.

Built in 1898 it was for many years the family home of Laura Bell King and Clarence King, widow and son of the famed gold miner George Valentine King who founded the Golden Chariot Mine, the second most productive gold mine in the Julian area. Since 1995 Edie and Jim Seger have owned the house that now accommodates a tea room and gift shop. So maybe it is not a coincidence that proprietor Edie Seger's favorite tea is Yorkshire Gold from Taylor's of Harrogate which is also the house tea.

All of the set teas that are offered come with a choice of soup. Tea is served at three seatings: 11:30, 1:00, and 2:30 p.m. The tea room accommodates 14 guests per seating, and up to 30 people for special occasions. "Several of my helpers have been with me since we opened 13 years ago," says Edie. She worked formerly as a weaver, entertaining with tea for friends in her spare time. "When the King House came up for sale, I decided to use my retirement money to invest in it," explains Edie. "It was important to me to own the house, so I wouldn't have to worry about rent and low seasons." The tea room is decorated in a cozy country style using English china and has a friendly and welcoming atmosphere. "The historic mining house has a good soul," she adds, "but it does have a ghost upstairs."

One of the most recent challenges has been the wild fires. Edie exclaimed, "Last year they came close and we had to be evacuated. One of the buildings where we have our private home, about 20 minutes from the tea room, was hit, but so far we have been lucky. 700 houses out of 4,000 were lost."

Apart from being a tea room, the Julian Tea & Cottage Arts has a large gift store section on two floors offering a selection of loose and bagged teas, party accessories, teapots, teacups, cozies, kettles, silverware, tea jewelry, greeting cards, and books.

Julian is located 50 miles northeast of San Diego along scenic highway 78 near the Cuyamaca Mountains. The area has proliferated in producing sweet apples that lure Californians and visitors to Julian every autumn. In the 1870s the major industry of the town was gold mining, today it is primarily tourism. Many buildings from the gold rush era have been preserved and resemble a western movie set. They now house shops and restaurants.

Above: Jim and Edie Seger

Julian Tea & Cottage Arts
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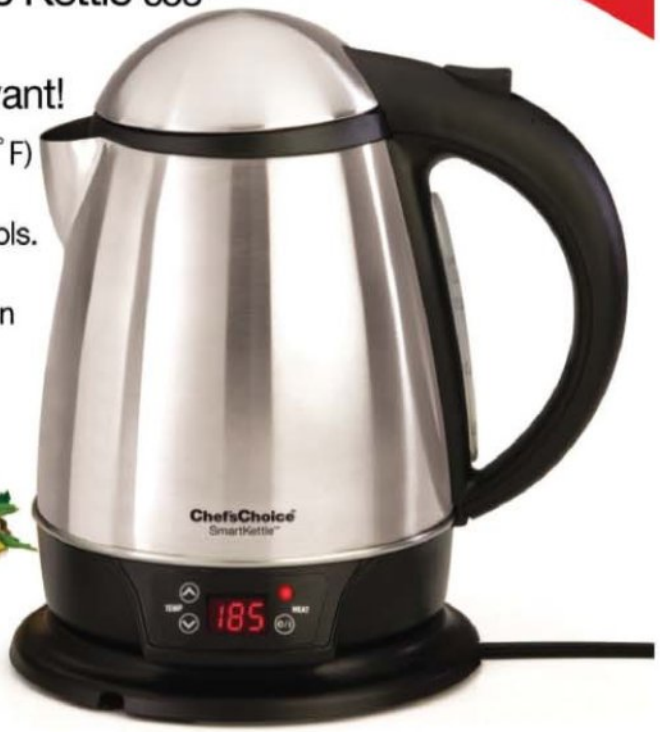

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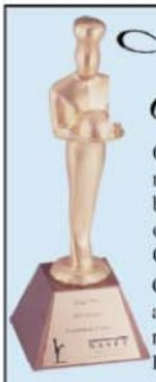

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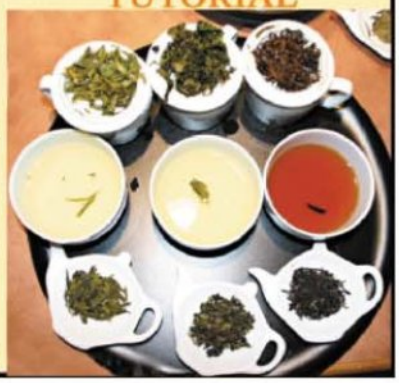

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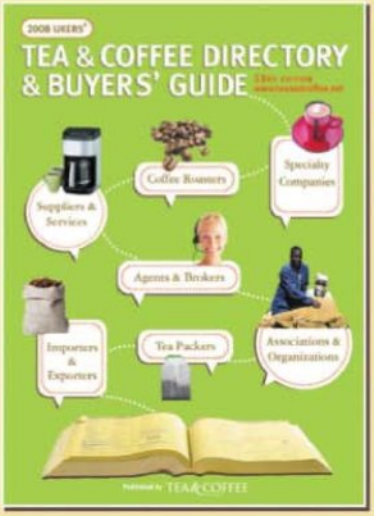

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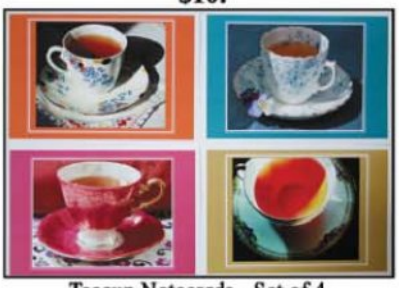

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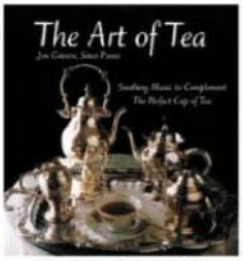

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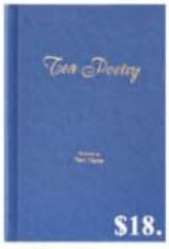

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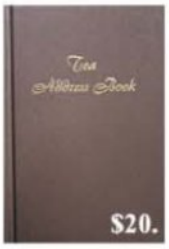

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